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## **CLAIMS**

What is claimed:

1. A throwing and catching training apparatus, comprising:

an upright, substantially rigid target panel; and

at least one bumper connected to said target panel, and said at least one bumper adaptable to deflect a thrown projectile in a random direction.

- 2. The throwing and catching training apparatus stated in claim 1, further comprising: at least one support structure connected to said target panel for supporting said target panel in an upright position.
- 3. The throwing and catching training apparatus stated in claim 1, further comprising: said target panel having a cut-out portion extending through said target panel for further defining a target.
- 4. The throwing and catching training apparatus stated in claim 3, further comprising:
  an elastic material connected to said target panel and extending across said cutout portion of said target panel, and said elastic material adaptable to spring a thrown
  projectile in a reverse direction when said thrown projectile engages said elastic
  material.

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5. The throwing and catching training apparatus stated in claim 1, further comprising: said at least one bumper fabricated from an elastomeric material.

- 6. The throwing and catching training apparatus stated in claim 1, further comprising: said at least one bumper having a substantially circular, dome-shaped head extending away from said target panel and adaptable to deflect the thrown projection in a random direction.
- 7. A throwing and catching training apparatus, comprising:
  an upright, substantially rigid target panel; and
  a plurality of elastomeric bumpers releasably connected to said target panel and
  adaptable to deflect a thrown projectile in a random direction.
- 8. The throwing and catching training apparatus stated in claim 7, further comprising: at least one support structure connected to said target panel for supporting said target panel in an upright position.
- 9. The throwing and catching training apparatus stated in claim 7, further comprising: said target panel having a cut-out portion extending through said target panel for further defining a target.
- 10. The throwing and catching training apparatus stated in claim 9, further comprising:

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an elastic mesh netting connected to said target panel and extending across said cut-out portion of said target panel and adaptable to spring a thrown projectile in a reverse direction when said thrown projectile engages said elastic mesh netting.

- 11. The throwing and catching training apparatus stated in claim 10, further comprising:
  - a visual target indicia connected to said elastic mesh netting for further defining a target.
- 12. The throwing and catching training apparatus stated in claim 7, wherein said bumpers further comprise:
  - a stem releasably connected to said target panel; and
    a substantially circular, dome-shaped head integral with and extending from
    said stem, wherein said dome-shaped head extends away from said target panel and is
    adaptable to deflect the thrown projectile in a random direction.
  - 13. A throwing and catching training apparatus, comprising:
    - an upright, substantially rigid target panel;
  - at least one support structure releasably connected to said target panel for supporting said target panel in a substantially upright position; and
  - a plurality of elastomeric bumpers releasably connected to said target panel and adaptable to deflect a thrown projectile in a random direction.

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14. The throwing and catching training apparatus stated in claim 13, wherein said bumpers further comprise:

a stem received by an aperture in said target panel, and said stem having a threaded shaft wherein a releasable fastener engages said shaft to connect said bumper to said target panel; and

a substantially circular, dome-shaped head integral with and extending from said stem, wherein said dome-shaped head extends away from said target panel and is adaptable to deflect the thrown projectile in a random direction.

15. The throwing and catching training apparatus stated in claim 13, further comprising:

said bumpers being equally spaced on said target panel.

16. The throwing and catching training apparatus stated in claim 13, further comprising:

said target panel having a substantially rectangular cut-out portion extending through said target panel for further defining a target.

17. The throwing and catching training apparatus stated in claim 16, further comprising:

an elastic mesh netting connected to said target panel and extending across said cut-out portion and adaptable to spring a thrown projectile in the reverse direction when said thrown projectile engages said elastic mesh netting.

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18. The throwing and catching training apparatus stated in claim 17, further comprising:

a ribbon fabric intertwined within said elastic mesh netting for further defining said target.

19. The throwing and catching training apparatus stated in claim 13, further comprising:

a pair of support members releasably connected to opposite sides of said target panel.